

May 2024

The **FUN** Starts **HERE!**



Port Angeles Senior Center

328 E. 7th Street, Port Angeles, WA 98362

Phone: 360.457.7004

www.portangelesseniorcenter.com

PASC HOURS: Mon - Fri, 8:30 AM - 4:00 PM

KOFFEE KORNER HOURS

Mon - Fri, 8:30 AM - 2 PM

COMPUTER CENTER

Mon - Thur, 11 AM - 3 PM

COMMUNITY PARTNERS SPOTLIGHT SPEAKER SERIES

LIFE FLIGHT

Wednesday, May 29, 1:30 pm

Life Flight Network is a not-for-profit that provides emergency air and ground transport across ID, MT, OR, and WA. With over 900 employees, they offer ICU-level care from scene to hospital and work with local emergency services for top-quality care. Join us as we learn more about their services and have a chance to ask questions.

THANK YOU!

Please join us in thanking our amazing volunteers! Their dedication shines bright! With 12,680 hours donated over the past year, our 125 incredible volunteers have made quite the impact. Their kindness and generosity make our community stronger every day. Thank you to each of you, we treasure you and your care!"



BUNCO FUNDRAISER

Tuesday, May 28, 1:30 - 4 pm

Join us for Bunco to raise money for senior programs. Mark your calendar for Tuesday, May 28 at 1:30 PM in the craft room. \$5 at the door.

NEW MEMBER WELCOME

Monday, May 6th, 9 am

Are you new to the senior center? Come out to meet other new members, enjoy some coffee and muffins, and learn more about programs and offerings here at your center. During this time, you'll have a chance to ask questions, meet our center's manager and board members, and connect with others.

CELEBRATING Older American Month

**JOIN US AS WE SHARE THIS EVENT WITH
YOU AND OUR
CLALLAM COUNTY SENIOR SERVICE PARTNERS**
There will be many **GIVEAWAYS**

◆◆ *Lobby Party & Information Fair*

There will be Coffee, Punch and
Pop Corn, Provided by PASC

◆◆ *THE LOBBY PARTY IS Sponsored by Avamere*

They will bring Sweet Refreshments
Veggie and Fruit Trays
And a Basket to be Ruffled off at 1:00

Friday, May 10th 2024

11:00 A.M. - 1:00 P.M.
Port Angeles Senior Center
328 7th Street
Port Angeles, WA 98362

OVER 15 SENIOR SERVICES WILL BE ATTENDING





Catching up with Carmen

Greetings PA Senior Center Community,

I am thrilled to announce that our long-awaited HVAC system upgrade will commence on June 3rd! This project marks a significant step forward in enhancing the comfort and sustainability of our center.

Throughout the 16-week duration of the upgrade, we anticipate some adjustments to our programs as spaces may need to be temporarily relocated or certain activities may be postponed. However, rest assured that we will keep you informed every step of the way. Your flexibility and understanding during this time are greatly appreciated.

Upon completion, our center will boast a state-of-the-art HVAC and solar panel system, equipping us to handle power outages and extreme weather events. This means greater resilience and comfort for all of us, regardless of the conditions outside.

I want to take this opportunity to express my heartfelt gratitude to each one of you for your continued support and involvement in our center. Your presence and contributions truly make this place special.

As we embark on this exciting journey towards a more sustainable and resilient future, let's stay connected and supportive of one another. Together, we can make our center an even better place for all.

Warm Regards,
Carmen Geyer
Senior Center Manager

HELP FUEL THE CENTER

PASC depends on volunteers for the operations and programs of the Center. We are blessed by and grateful for those who assist in this undertaking.

The fuel tank of volunteers is running low. PASC needs volunteers in several areas-Crafty Corner, Reception Desk, Coffee Lounge (servers and bakers), Front Desk and more. If you can spare a few hours a week, please stop by the Front Desk to complete a Volunteer Application. Help us get the fuel tank of volunteers back up to FULL.



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SENIOR CENTER
328 E. 7th Street
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The Port Angeles Senior Center is neither legally responsible for, nor does it guarantee or endorse, any product, service or program published in the newsletter. The content of the *Port Angeles Senior Times* is intended for the reader's convenience and information.

PORT ANGELES SENIOR CENTER MEMBERSHIP

Membership: open to anyone 55 and over

Annual Dues: \$16 City residents: \$25 for all others

Associate Membership: age 45-54

Annual Dues: \$18 City residents: \$27 for all others

Office Hours: Monday thru Friday, 8:30 AM to 4:00 PM

-- CLOSED HOLIDAYS & WEEKENDS --

Telephone: 360.457.7004

Website: www.portangelesseniorcenter.com

PASC Staff: Carmen Geyer - Manager

VOLUNTEER BOARD OF DIRECTORS

The meetings are open to Senior Center Members for observation and agenda suggestions.

President: Janice Etherton

Vice-President: Dot Halbach

Secretary: Dianne Williams

Treasurer: Karen Wolf

Sheryl Bean
Candice Bullard
Paul Collins
Linda Cooper
Judy Gleaton

Elyse Grosz
Connie Panike
K. Penney Sanders
Cecilia Stevens

PASC BOARD OF DIRECTORS
Next Meeting - Tuesday, May 14, 9:30 AM

CENTER OPERATION The PASC is cooperatively run by the City of Port Angeles & the Senior Center Board. Programs and services are self-supporting.

MAY NEWSLETTER SPONSOR UPDATE

Assured Hospice
Callis & Associates Insurance
Dungeness Courte Memory Care
Jim's Pharmacy
Meldrum Insurance & Long Term
Care Financial Services

Park View Villas
Reetz Insurance Services
Ridgeline Homecare Cooperative
Tracy Wealth Management

NEWSLETTER VOLUNTEERS

Production: Candice Bullard & Gay Whitman

Printing: Nancy Joyce

Mailing: Linda Cooper, Serge Harris &

20-25 PASC volunteers

May/June Trips

ELANDAN GARDENS

Thursday, May 9

This trip is full. Please put your name on the waiting list.
\$34 M, \$39 AM, \$50 NM Depart 9:00 am TA **DL 5/2**

PIA THE PEACEKEEPER & BAINBRIDGE ISLAND MUSEUM OF ART

Monday, May 20

Discover the contemporary art & craft of the Puget Sound Region with a visit to the Bainbridge Island Museum of Art. Exhibitions feature recognized masters and emerging artists that are sure to leave you inspired by their striking work and thought-provoking themes. There will be time to have lunch (on your own) and do some shopping and browsing at Town and Country. This trip is highlighted by a stroll to the troll. Visit Pia the Peacekeeper, nestled in Sakai Park. Pia is one of seven Thomas Dambo trolls in the Northwest. **Wear comfortable shoes!**

\$21 M, \$26 AM, \$37 NM Depart 9:00 am T **DL 5/13**

WHITNEY GARDENS AND HAMMA HAMMA

Friday, May 31

This trip is full. Please put your name on the waiting list.
\$24 M, \$29 AM, \$40 NM Depart 8:00 am TA **DL 5/21**

JEWEL BOX THEATER IN POULSBO

Sunday, June 9

This trip is full. Please put your name on the waiting list.
\$40 M, \$45 AM, \$56 NM Depart 10:00 am TA **DL 5/12**

WHIDBEY ISLAND-COUCPEVILLE MEERKERK GARDENS & PRICE SCULPTURE PARK FOREST

Thursday, June 13

Travel to the beautiful village of Coupeville and enjoy a visit to Meerkerk Gardens, 10 acres comprised of many garden rooms, which the family began creating in the early 1960's. Inspired by the Rothchild's Exbury Garden in England, the Meerkerks wished to create a fine collection of rhododendrons and companion plants in a Pacific Northwest setting. Nearby we will have some time to spend at Price Sculpture Forest Park, a coming together of nature and outdoor art. Experience an outdoor museum where you are encouraged to wander the trails, investigate outdoor art and be immersed in the natural world. Lunch (on your own) will be at Old Spots Bistro at Greenback Farm.

\$39 M, \$44 AM, \$55 NM Depart 8:45 am TA **DL 6/6**

KALALOCH BEACH

Thursday, June 27

Join us for a leisurely drive to experience the wondrous coastal beauty of Kalaloch Beach, one of the state's most pristine sandy beaches. Enjoy a day of strolling along the surf, beachcombing, looking for wildlife and birds, and marveling at the many moods of the powerful Pacific Ocean. Pack a lunch or enjoy a meal (on your own) at the Lodge's lovely restaurant.

\$27 M, \$32 AM, \$43 NM Depart 8:00 am T **DL 6/21**

**Tickets for May/June trips go on sale
Wednesday, May 1.**



EXCITING VOLUNTEER OPPORTUNITY!

For anyone who likes to travel, enjoys unique points of interest and ready for new adventures! We are looking for drivers with a willingness to drive our 14-passenger van once or twice a month.

We will provide training. For more information and details, contact the Senior Center or come by to fill out a volunteer form. Adventure awaits!

TRIPS TRIPS TRIPS! JUST A REMINDER

TRIP SIGN UP - Sign up is available at the PASC front desk according to posted dates. You may sign up one other person for a trip, provided you have the person's name, membership and telephone numbers.

REFUNDS - Traveler is eligible for refund if trip is cancelled before deadline date, unexpected illness or if their spot can be filled by someone on the waiting list. No shows or late arrivals will result in forfeiture of monies paid. Refunds are usually made by check once a month after trip has been completed.

RETURN TIMES - Due to many variables that can affect a trip's return time, we suggest not making any "must be there" post trip plans.

EVERYONE - Please do not use cologne, after-shave, perfume, etc. when on trips, in classes, and PASC public areas, in consideration of others.

**COLORING GROUP FOR ADULTS****2nd & 4th Mondays,****Noon - 2 pm, May 13**

Bring your books, color pencils, color gel pens, crayons... and help us make the world a more colorful place! No experience needed to enjoy this relaxing and stress-free craft the Center is closed on the 4th Monday this month.



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**NEW HOURS
CC OPEN**

M-TH 11 AM - 3 PM
Supervised independent
use of the Center's PC
computers. Not avail-
able during classes.

**VOLUNTEERS
NEEDED!**

**The CC is looking for
volunteers.**

- ☐ General Tutors & Registration
- ☐ Desk Volunteers always needed

**1 on 1
TUTORING
IS NOW
AVAILABLE!**

One-on-one tutoring is now available for iPhone, iWatch, iPad, Apple laptops, android phones, and P.C.'s for \$10 per hour!

Please visit the Computer Center on the second floor, room 201, or call 360.457.7004 for appt.

***NEW* COMPUTER KNOWLEDGE CLASS
FOR MORE INFO CALL MONDAYS, 11-1:00**

NEED TECHNICAL HELP?

George DeLorey

360.670.2699

Help with computers, smartphones, printers, and more. Give him a call for more information and pricing.

**COMPLIMENTARY
FINANCIAL REVIEW**

- ♦ Any major changes in your life?
- ♦ Do Wills & P.O.A. need updating?
- ♦ Have your income needs changed?
- ♦ Are there things that need to be addressed?

*We are offering a **COMPLIMENTARY REVIEW**
to address any questions or issues you have.*

CONTACT US TO SCHEDULE YOUR REVIEW

360-452-9080

www.tracywealthmanagement.com



**Kevin Tracy - Financial Planner
(360) 452-9080**

618 S. Peabody Street, Ste. J
Port Angeles, WA 98362



Securities and investment advisory services offered through Osaic Wealth, Inc., member FINRA/SIPC and a Registered Investment Advisor. Insurance services offered through Tracy Wealth Management, which is not affiliated with Osaic Wealth, Inc.

★5★
Community Bulletin Board

**INFORMATION & ASSISTANCE
WITH HOME & COMMUNITY BASED
SERVICES FOR SENIORS**

Thursday, May 16 10 am - Noon

Every 3rd Thursday of the month, a specialist from Olympic Area Agency on Aging (O3A) will be available from 10 a.m. to noon in the small office near the front desk. They will provide in-person consultation to answer questions about in-home care service options. The representative will assist with filling out forms for Department of Social & Health Services (DSHS) programs such as food assistance (SNAP), in-home care services, etc., and offer referrals for other inquiries. This is on a first-come, first-served basis, and time is limited to 30 minutes per drop-in. For more information, please call the O3A Sequim office at 360.452.3221, ext. 2920.

**MEDITATION 101 CLASS:
Discovering Tranquility Within
Tuesdays at 2:30 pm - 3:30 pm**

Embark on a journey to inner peace. In this beginner-friendly course, you'll be introduced to the art of meditation, unlocking the door to a calmer mind, reduced stress, and enhanced overall well-being.

DISABLED AMERICAN VETERANS

Wednesdays, 8:30 am - 2 pm, at PASC, APPT ONLY

The DAV will be providing in-person counseling services for veterans and widows/widowers of veterans every Wednesday in the small office near the front desk. Appointments will be 1 hour in length with the last appointment taken at 12:30 PM. Requested protocols include masking and social distancing.

The DAV representative will be certified and able to have access to veteran records upon the consent of the veteran. Call the Port Angeles Senior and Community Center front desk for an appointment

SENIOR LEGAL ADVICE CLINIC (SLAC)

SLAC sponsored by Olympic Area Agency on Aging (O3A) offers seniors aged 60 years and older free, half hour legal consultation with a practicing attorney regarding civil legal issues by appointment only at the Port Angeles Senior Center. SLAC Clinics are between 9:30 a.m. and noon. Appointments are available on a first come, first served basis, and fill up quickly. Wait lists are available for cancellations. Please call Olympic Area Agency on Aging (O3A) at 360.452.3221 for more information or to make an appointment.

May 1 - Wednesday - James Rodriguez - attorney
May 15 - Wednesday - James Rodriguez - attorney
May 20 - Monday - Mark Mullins - attorney
June 12 - Wednesday - James Rodriguez - attorney
June 24 - Monday - Mark Mullins - attorney
July 17 - Wednesday - James Rodriguez - attorney
July 31 - Wednesday - James Rodriguez - attorney

SHIBA

The Statewide Health Insurance Benefits Advisors (SHIBA) program is a program of the Washington State Office of the Insurance Commissioner consumer protection services. Locally, SHIBA is sponsored by the Olympic Area Agency on Aging.

Our volunteer advisors are trained to give you the latest **Medicare** information. We provide up-to-date, unbiased information to help you to make informed decisions. Our assistance is always free and confidential with no obligations. We're not associated with any insurance company. We don't sell anything because we have nothing to sell!

If you need help navigating Medicare, please come and see us at one of our free, first come first served, walk in clinics. We are available at the Port Angeles Senior Center on the 2nd and 4th Fridays from 10AM to noon.

Our volunteer advisors can help you:

- Assess your Medicare related health care coverage needs.
- Determine your general eligibility for Medicare related coverage programs.
- Evaluate and compare Medicare related insurance plans and programs.
- Provide enrollment help with Medicare.
- Speak with 1-800-MEDICARE on your behalf.
- Make referrals to other agencies and programs.
- Collect and report possible Medicare fraud complaints.

To contact us by telephone, call 1.800.562.6900.

“Despite the forecast,
live like it's spring.”
— Lily Pulitzer




**MASKS ARE
OPTIONAL**

We will still have masks available for anyone that needs or wants one.

*Certain service groups or programs may still require a mask to access services. We will provide additional information as we receive it.

**IF YOU DON'T FEEL
WELL - STAY HOME
AND TAKE CARE OF
YOURSELF!**

For the protection of yourself and others, please stay home when you don't feel well. **THANK YOU!**



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Alicia Campion
Administrator
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360-504-3837

PASC Activities

ACTIVITIES THIS MAY			
Date	Day	Time	Names
5/6	Mon	9 am	New Members Welcome
5/6	Mon	1 pm	Senior Singers
5/10	Fri	11-1	Celebrating Older Americans Month Lobby Party & Information Fair
5/10	Fri	2-4 pm	Mystery Book Club
5/13	Mon	Noon-2	Coloring for Adults
5/14	Tue	9:30 am	PASC Board Meeting
5/28	Tue	1:30-4	Bunco Fundraiser
5/28	Tue	2-3 pm	Blood Pressure Check
5/29	Wed	1:30 pm	Community Partners Spotlight Life Flight



FIT FOR LIFE - GOING STRONG

Tuesdays, Wednesdays & Thursdays, 9 - 10 am

This all around workout will make you feel ready to take on your day! Fun and easy to follow low-impact aerobics with intervals of strength and balance exercises to improve cardiovascular health, balance, muscular strength and endurance. \$5

Instructor: Elyse Grosz

A portion of the class fee benefits PASC programs.

KRIPALU YOGA

Mondays and Wednesdays, 4:00 - 5:30 pm

Our yoga sangha continues to grow thanks to our Senior Center!

Monday's class will continue to be a gentle, well-rounded practice suitable for all bodies.

Wednesday's class will continue to be an energetic class, with moderate postures at a faster pace.

Wednesday classes will support seasoned practitioners with a knowledge of yoga, yet appropriate for all yogis wanting a more vigorous practice.

First **Monday** of every month is Restorative Yoga or a Yoga Nidra. These classes are slower paced with a focus on breath.

Restorative yogas fully support the body, so we can release all tension and stress. As usual, these classes are offered FREE with donations being humbly accepted.

FUN IN FUSION BELLY DANCING

Fridays, 2 - 3:30 pm

\$4 per class for members \$5 for non-members

We belly dance! We workout using belly dance moves and techniques. Free style as well as choreographed dance to follow. I believe that music triggers memory. My goal is to fusion belly dance with current and traditional music. So that what we all hear in the future may trigger a memory of us. Me? I am a brand new instructor with lots of life long experience. I know how to move it, and I am so excited, so let's move it!

WEEKLY ACTIVITIES & CLASSES		
Day	Time	Names
M-Th	10 am-2 pm	PASC Gift Shop Open
Tue	1:30 - 3:30	Guided Autobiography (Except 3rd Tuesday of month)
	2:30 - 3:30	Meditation 101
Wed	8:30-2 pm	DAV Service Officers - see pg 5
	10am-Noon	Writers Group
	1 - 3 pm	Uke Strummers
	1:00 - 3:00	Guided Autobiography
Thu	9:30 am	Round Table Discussion
	Noon-3 pm	Chinese & American Mah Jongg lessons & play
Fri	9am -12:15	Watercolor Painters

COMPUTER CENTER

Date	Day	Time	Names
Your day	M-Th	11 am-3 pm	Open Lab
Your day	M-Th	Your time	Tutoring

MAY TRIPS

Date	Day	Time	Names
5/9	Th	9:00am	Elandan Gardens
5/20	Mon	9:00am	Pia the Peacekeeper
5/31	Fri	8:00am	Whitney Gardens

NEW CHAIR YOGA

Wednesdays, 12:30 - 1 pm

Chair yoga is a gentle form of yoga that is practiced while seated in a chair or using a chair for support. It offers a modified approach, making it accessible for individuals with limited mobility, balance issues, or those who prefer a more relaxed practice. People of all fitness levels can experience the benefits of yoga without the need for a mat or complex poses.

CHAIR EXERCISE

Mon/Wed/Fri, 9 - 10 am

Designed to provide a workout for nearly every muscle in the body! Exercising in a chair is surprisingly more challenging than one would think.

This video instructed class is suitable for everyone. Check with your doctor prior to beginning any exercise class.

PARKINSON'S SUPPORT GROUP RETURNS!

Tuesday, May 28, 1 - 2:30 pm

The Parkinson's Support Group is returning with a new day and time. They will meet on the 4th Tuesday of every month. Celeste Meier is the moderator.

Activities for May 2024

WEEKLY CARDS & GAMES

Day	Time	Names
Mon	10 am - Noon	Euchre (we are willing to teach)
Mon	12:30 - 4 pm	Pinochle Single Deck
Tue	10 am - 2 pm	Pegs/Jokers Game Play
Tue	12:45-4 pm	Pinochle Double Deck
Thurs	12:30-4 pm	Pinochle Double Deck
Thurs	12:30 - 3 pm	Bingo
Wed	12:15-3:30 pm	Progressive Contract Bridge
Thurs	Noon - 3 pm	Chinese & American Mah Jongg
Fri	Noon - 3 pm	Hand & Foot
Fri	12:30 - 4 pm	Pinochle Single Deck
Sat	12:30 - 3 pm	Cribbage

SUPPORT GROUPS

Date	Day	Time	Names
5/7,21	Tue	11am-noon	Caregiving Support Group
5/13	Mon	9:30-11:30am	Alzheimer's Caregivers
5/21	Tue	1-3 pm	Grief Support Group
5/28	Tue	1:00-2:30pm	Parkinson's Support Group

ALZHEIMER'S CAREGIVER SUPPORT GROUP

Monday, May 13, 9:30 - 11:30 am

The Port Angeles Alzheimer's Caregiver Support Group for caregivers, family members and friends of those suffering from memory loss meet once a month.

There will be a meeting on the second Monday of each month from 9:30 - 11:30 am.

You may contact Judi, the group facilitator, for further information at 989.255.8399 or judioden@gmail.com

CAREGIVING SUPPORT GROUP

The Caregiver Support Group resumes in May on the 1st and 3rd Tuesdays from 11-noon. This spring and summer, we will focus on a specific topic each meeting.

May 7th - Local Resources
May 21st - Coping with Stress

For more information, contact Jean McDonald at 360.789.7691 or email JeanRMcDonald@gmail.com.

GRIEF SUPPORT GROUP

Tuesday, May 21, 1 - 3 pm

Rhonda Hull, Ph.D. from Assured Hospice (360.582.3796) will be leading a grief support group at PASC on the 3rd Tuesday of the month upstairs in the conference room from 1:00 - 3:00 PM. Reach out to Rhonda with questions at Rhonda.Hull@lhcgroupp.com.

HEALTH & FITNESS

Date	Day	Time	Names
Wkly	Mon	9-10 am	T'ai Chi for Seniors
Wkly	M/W	4-5:30 pm	Kripalu Yoga
Wkly	T/W/Th	9-10 am	Fit for Life
Wkly	Tue	2 pm	Strength & Balance Class
Wkly	Wed	12:30-1 pm	*NEW* Chair Yoga
Wkly	M/W/F	9 am-10 am	Chair Exercise
Wkly	Wed Thu	12:30-3:30 2-4 pm	Line Dance Beginner + Hi Intermediate
Wkly	Thu	9-10 am	Qi Gong - FREE
Wkly	Fri	2-3:30 pm	Fun in Fusion
Wkly	Fri	2 pm	Strength & Balance Class

SPORTS

Date	Day	Time	
Wkly	M/T/ Th/F	10:15-2 pm	Pickleball
Wkly	Wed	10-12:30pm	Pickleball
Wkly	Fri	11:30-12:30	Ping Pong

PINOCHLE - NEW HOURS

Single Deck - Mon & Fri, 12:30 - 4 pm
Double Deck - Tue 12:45 - 4 PM & Th 12:30 - 4 pm

PROGRESSIVE CONTRACT BRIDGE

Wednesday, 12:15 - 3:30 pm Play starts at 12:30 pm
Beginners welcome, Rules taught
Learn to play, Play to learn
Special topics on first Wednesday

CRIBBAGE

Saturdays, 12:30 - 3 pm, Doors lock at 12:25!
Interested in playing? Want to learn how? We will teach you!
Already know how? Looking for a place to play?
This is the place! See you Saturday!

HAND AND FOOT HAS RETURNED!

Fridays, Noon - 3 pm in the lounge addition
Join us for Hand and Foot Card game.
Beginners welcome!

EUCHRE ANYONE?

Mondays, 10 am - Noon in the craft room!

Would you like to learn a new fun and fast paced card game? The group of current Euchre players are looking for new players AND ARE WILLING TO TEACH! It is easy to learn and a truly fun game! If you are interested please contact the Senior Center and someone will contact you.



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**POLITICAL DISCUSSION GROUP
SEEKS MEMBERS**

Thursdays, 9:30 am - Noon

The group meets from 9:30 am to noon on Thursdays in the second floor's northeast room. Join the Port Angeles Community & Senior Center Political Group via Zoom! The Zoom link can be found on the City of PA website under Senior Center "Hybrid programs". "We invite anyone who wants to contribute to the current political discourse while learning from others in the group," said Kendall.

WATERCOLOR PAINTERS

Fridays from 9:00 am - 12:15 pm

Water color group meets Fridays!
No instructor, just folks working on their own projects.
Come join us!

CHARITY SEWING

Thursdays, 9:30 AM - Noon

Charity Sewing is for anyone who wants to contribute to needy people, both locally and worldwide.
New ideas welcome. You don't have to know how to sew to help make a difference. Please contact Connie if you are interested or if you have ideas to share: connie_panike@yahoo.com



Jim's Pharmacy is offering FLU SHOTS

Protect your health with a seasonal flu shot.
Available at Jim's Pharmacy!
No appt necessary. Regular Quadrivalent or Hi-Dose available for ages 65 & over.
We bill Medicare part B, Medicaid and most private insurances. Please bring all medical cards for billing and face mask is required.

We also have the new Bi-Valent/Omicron BOOSTER vaccines! Pfizer and Moderna, **while supplies last. Shipments are trickling in. You are welcome to call the store to make sure we have it in stock before arriving at 360.452.4200, option 5 for the pharmacy.**
Pfizer for ages 12 & older, Moderna for ages 18 & over. As long as it has been at least 2 months since your last booster or at least 2 months since your 2nd dose of your primary COVID vaccine series.

Other vaccines also available such as Pneumonia, Tdap, Gardasil, Meningococcal, ShingRix, MMR, Hep A & Hep B, and more!

Your partner in health!



424 E 2nd Street, Port Angeles
360.452.4200 www.jimsrx.com

Follow us on
Facebook and Instagram



SENIOR SINGERS ARE HERE!!!

Time to warm up the pipes and get ready for another season of bringing smiles to the people in memory care, assisted living and nursing homes. We will get together on May 6th at 1 pm in the lounge addition at the center. Everyone who likes to sing is welcome to join in our group. No experience needed. We meet the first Monday of each month to practice and then go out to perform at different places during the month. The more voices, the better we sound so come join us. For info, call Tammy at 360.460.9175.

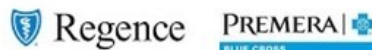
TAI CHI

Mondays, 9 - 10 am

Increase your strength and balance! Patty will teach this Tai Chi class at PASC each Monday from 9am to 10am. Patty has practiced Tai Chi for more than 30 years. This class is by donation.

Mary Patzman

360-452-2314



- * Medicare Advantage Plans
- * Medicare Supplements / Medigap
- * Prescription Drug Plans – Part D

Classes & Activities



LIFE STORIES - LIFE PORTRAITS A GUIDED AUTOBIOGRAPHY CLASS

**Write the story of your life,
two pages at a time.**

Join Candice Bullard, a certified Guided Autobiography instructor. Candice will lead you through themes and priming questions that evoke your memories. Each week you will write a two page story, bring it to class & share it with a small group.

Classes include instruction on autobiography, tools and perspectives to inspire your writing, and time to share your stories. The Guided Autobiography method is a way to gain insight, personal discovery and to record and appreciate your life story and the stories of others.

Tuition: \$99 for the 8-week course. A portion of this class benefits the PASC.

Contact Candice Bullard at 360.808.4581 or cbullard@olympus.net for future classes!

Class option is a Life Portrait created just for you and drawn by local artist, Gay Whitman. For more information, please contact Gay at 360.477.1610, whitman@olypen.com

QI GONG - FREE Thursdays, 9 - 10 am

Class preparation is simple. Wear loose, comfortable clothing. People can practice in shoes, socks or bare feet. For more comfort, bring a yoga mat or blanket to stand on. We will learn a Qi Gong form known as "Essence Qi Gong" which is mainly standing in one place with gentle movements.

Classes are Thursdays for approximately 1 hour starting at 9 am. If you are not a member of the Senior Center, then a donation for each class attended is appreciated to help pay for the cost of the facility.

Leading the class is Andy Brastad, a certified instructor of Essence Qi Gong and Awakening Light Qi Gong who has been practicing Qi Gong for ten years.

Contact Andy at andybrastad@gmail.com if you would like more information.

MAH JONGG MAVENS

Thursday, Noon - 3 pm, Lounge

Learn a new game. Mah Jongg is great exercise for the mind. We teach both Chinese and American style. Join our fine group of men and women now! PASC Members **FREE!**

STRENGTH AND BALANCE CLASS

Tuesdays & Fridays, 2 pm. \$5 per class

What do you say to yourself about where you are at in your health journey? Learn how to OFFSET age-related decline in the new Strength and Balance class on Tuesdays and Fridays at 2 p.m. Improve your balance, increase your bone density, decrease risks of osteoporosis, regain lost muscle mass, move your joints, and sharpen your cognition! All ability levels are WELCOME to train and restore your confidence and vitality!

WRITER'S GROUP

Wednesdays, 10 am - Noon

Self-assessed as "Good Enough" to find JOY in the act of writing. Share. Inspire. Challenge. Explore. Listen. Two prompts weekly. One now, other for following week.

Our Writer's Group is a self-directed and caring group. We have fun exploring writing in different genres and styles in all kinds of prose and poetry. You can write about anything in your own way here. Come in for a visit or to write. Bring your pencil, pen and paper or your favorite device for creative composing. Note: This is NOT a critique group!

PASC LINE DANCE! Instructor: Jerie Louie

Beginner/Hi-Beginner Class - Wed: 12:30 - 3:30 pm

Intermediate Class - Thu: 2 - 4 pm

No Line Dance on Thursday, May 16

Line Dance is fun and challenging exercise to music of all kinds. Shaking your booty is remarkably healthy! It can boost your memory and coordination, reduce stress, improve your outlook, and grow your social circle. Fee per class: \$4. A portion of the fee benefits PASC programs.



Dedicated to families and community by....

Enhancing and supporting a healthy living lifestyle in a comfortable, secure setting designed for easy navigation, while socializing with our planned daily activities while providing 24-hour licensed nursing care (RN's & LPN's).

your STORY continues with us.....

PURPOSE, DIGNITY, INDEPENDENCE

Day Stay Respite Services and Overnight Respite Services offered and provided for family members to take time for themselves and give your MIND & BODY A REFRESH & RESET..... call to learn more about these services.

360-582-9309

651 Garry Oak Drive
Sequim, Washington

Scan to take the
Virtual Tour!



★IO
May Birthdays

1	Linda Stone
2	Chelea Alwine Karina McKenney
3	Erik Persson
4	Charles Binney Clair Kirkman
5	Debbie Fugge Bonnie Long Lily Thomson
6	Gary Koy Larisa Shevencko
7	Sharon McDonald
8	Harriet Coventon Billie Fonville Karen Lavender-Peterson Robert Perry
9	Margaret Edris Doug Holst
10	Zoe Bayton Kenneth Fletcher
11	Mary Bryan Ann Burke Beverly Morrow Judy Wagner

12	Sharon Trimble Patricia Young
13	Jay Boggess Frances Yuhl
14	Mary-Alice Boulter Carol Browning Connie Panike Paul Tucker
15	Diane Blackburn-Lappin Philip Churchley
16	Michael Jackson Ursula Smith
17	
18	Doug Arthur William Pieratt
19	Beverly Beighle Nicole Casares James Cornell Richard Gardner Kathy Nielson
20	
21	Glen Mitchell Karen Walter
22	Linda Carson

23	Kathy Bednarski Dottie Clark Sharon Hagaman Fern Shimmin
24	Tom Acampora Vickie Brewer James Fearn Diane Norton Beth Westbrook
25	Elizabeth Cole Iantha Frazer Celeste Maier Jim Merriwether Maki Oi Diane Whitmore

26	Esther Alward Donna Hassel
27	James Paradis Jody Schweyen Patricia Wesseler
28	Robert Bowman
29	Jayne Downie Peggy Norris
30	Cheryl Arthur Bill Hughes Marilyn Kraus Layton Lund
31	Bruce Aitken Patricia Wiley

BLOOD PRESSURE CHECK

Tuesday, 2 - 3 pm, May 28

A registered nurse from Park View Villas is helping us monitor our blood pressure - FREE! Come into the PASC and roll up your sleeve on the fourth Tuesday of every month! The goodies are delicious!

Thank You, Park View Villas!

CRAFTY CORNER NEWS

10:00 to 2:00 pm, Monday through Thursday

Crafty Corner is a unique gift shop with items made from local crafters. There is a wide variety of local made items. **Currently, we are seeking new crafters.** If you have a hobby making crafts please consider placing them in our shop.

We are open from 10:00 to 2:00 pm Monday through Thursday. Stop in and visit.

"BOOKED FOR MURDER" MYSTERY BOOK CLUB



Friday, May 10, 2 - 4 pm

We meet every month on the second Friday, 2-4 PM to discuss selected mysteries. Join us in the conference room for our get together. Everyone will have the opportunity to share their likes and dislikes of this genre. We will narrow down the usual suspects and not-so-usual suspects and make our book selections from the evidence.

We will discuss **"The Lost Apothecary" by Sarah Penner** this month. The June book selection is **"Not A Creature Was Stirring" by Jane Haddam.**

We help families prepare for the biggest unfunded risk in retirement, Long-Term Care. We put together strategies where your hard-earned retirement savings are protected.



Eric Meldrum
Olympia Office:
2424 S. Evergreen Park. Dr. SW
Olympia, WA 98502
Ph: 360-943-9698
Planning4LTC.com

Port Angeles Office:
618 S. Peabody St. Suite C
Port Angeles, WA 98362
Ph: 360-928-8489



Notice: We do not offer every plan available in your area. We currently represent 10 organizations which offer 49 products. Any information is limited to those plans we do offer. Please contact Medicare.gov or 1-800-Medicare to get information on all of your options.

We bring compassion HOME.

When you or your loved one is facing the final stages of life, our caring hospice professionals provide the expert medical care, pain management, and emotional and spiritual support you need.

Call us today to learn more about hospice in the comfort of home.



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360.582.3796





Lunch Menu MAY 2024

Served from 12p-1p

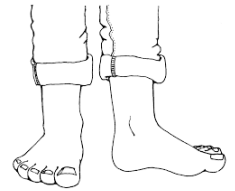
Coastal Community Action Program



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	SUGGESTED DONATION \$4.00 UNDER 60 MUST PAY \$8.00	¹ Tater tot Casserole Green Salad w/Tomato Fruit	² Mexican Casserole Northwest Blend Veggies Fruit	³ COOKS CHOICE 
⁶ Polish Sausage Potatoes Sauerkraut Carrots Fruit Cup	⁷ Turkey Burger Coleslaw Fruit Juice	⁸ Spaghetti w/ Garlic Bread Green Beans Green Salad Fruit	⁹ COOKS CHOICE 	¹⁰ Mother Day Lunch Cooks Choice 
¹³ Salisbury Steak w/ Mashed Potatoes Baby Carrots Green Salad Fruit	¹⁴ Chicken Burger Oven Fries coleslaw Fruit w/ Melon	¹⁵ Scalloped Potatoes w/Ham Broccoli Normandy Salad Fruit	¹⁶ Meatloaf/ w Mashed Potatoes Spinach Green Salad Tomato Juice	¹⁷ Chef Salad Fruit Juice Roll
²⁰ Chicken Fried Steak w/ Potatoes & Gravy Winter mix Veggies Salad Fruit	²¹ Creamy Broccoli Soup & Grilled Cheese Sandwich Copper Penny Salad Fruit	²² Chicken Patty Spinach Green Salad Fruit	²³ Mac & Cheese w/Ham Brussel Sprouts Jell-O cup Fruit	²⁴ COOKS CHOICE 
²⁷ CLOSED FOR MEMORIAL DAY	²⁸ Chicken Caesar Salad Fruit Juice Roll	²⁹ COOKS CHOICE 	³⁰ Breakfast Pancakes Eggs & Sausage Salad Fruit Tomato Juice	³¹ Fish Quinoa Peas & Carrots Green salad Juice

REMINDER

Please refrain from wearing perfumes, colognes, scented lotions, or any other strongly scented products when visiting the center. This will help individuals with sensitivities, allergies, and respiratory conditions who might be negatively affected by strong scents. By keeping our environment fragrance-free, we create a welcoming and inclusive atmosphere for all.



FOOT (& HAND) CARE BY DAOSA

Nail and foot care for hands and feet.
Call Daosa at 951.442.9566 for appointment and cost information.



COMMUNITY WALK

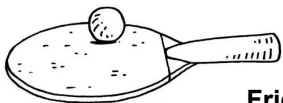
Saturdays, 9 am, (weather permitting)

The group meets up at Hollywood Beach at 9 am and walks for 1 hour. Everyone walks at their own pace but no one walks alone.

REIKI WITH SUSI

Are you anxious or nervous about something? Would you like some relaxation? Let reiki do its magic for you. Reiki is a calming treatment that will leave you feeling focused and serene.

All you have to do is take your shoes off and let the peace of reiki do its wonder from your head to your toes. Reiki is also good for pain reduction. Susi is a certificated master reiki practitioner. If interested in a reiki session, call the reiki lady! Susi Cates at 360.452.2610 - \$10 for 45 min. Offered Mondays and Tuesdays.



PING PONG RETURNS!

Join in with the fun on
Fridays, 11:30-12:30 pm in room 207.
Beginners welcome!"

NEW GROUP SCIENCE & SCI-FI GROUP Mondays 10 AM - 12 pm



Glen Barbieri, a veteran, natural philosopher, and self-published member of PASC's Writer Group, is starting a science and sci-fi group at PASC. The group's format is open to negotiation, and everyone is welcome!

Port Angeles Senior Center
328 E 7th St.
Port Angeles WA 98362
Tel: 360.457.7004
www.portangelesseniorcenter.com

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***Port Angeles Senior Center
53 Years: Service to Seniors***

**PASC CLOSED
Monday, May 27
FOR MEMORIAL DAY**



IS YOUR MEMBERSHIP DUE?

We greatly appreciate your continued support!
Thank you to everyone that has mailed in
your membership dues.

MISSION STATEMENT

The mission of the Port Angeles Senior Center Board of Directors is to develop and manage programs to encourage physical, intellectual, emotional and social well-being for persons 45 and older in a safe and open environment.